

Walk Nashville Week 2001

Report to the Public

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A Physical Activity Event Coordinated by the
Community Health and Wellness Team

A Coalition Facilitated
by the
Metropolitan Health Department
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Executive Summary

“Urban areas, no longer relying on walking and bicycling as travel choices, are becoming unfit and unhealthy. The U.S. Center for Disease Control is highly concerned that convenient daily physical activity, especially walking, is lacking in American life.” - Dan Burden, nationally renowned expert on pedestrian and bicycle facilities and Director of Walkable Communities, Inc.

Nashvillians celebrated their third annual Walk Nashville Week over the extended period of September 30 to October 14, 2001, due to scheduling conflicts and our national tragedy on September 11, 2001. Volunteers organized by the Community Health and Wellness Team led 6,000 children and parents in the Walk To School Day on October 2. Older adults at Senior Centers and the Leah Rose Residence for Senior Citizens participated in Walk for Active Aging on September 29. Over 12,000 sports fans were recognized for their effort on Walk to the Titans Game Day on October 14.

The purpose of this report is to share data that was gathered during Walk Nashville Week 2001 with public officials and others in an effort to promote better walking conditions throughout Nashville. This data includes information from one senior citizen residence, two senior centers, and 24 of the 29 Metro Schools that participated in Walk To School Day:

- Amqui Elementary
- Bailey Middle School
- Bellshire Elementary
- Bordeaux Elementary
- Buena Vista Magnet School
- Caldwell Early Childhood Center
- Carter Lawrence Elementary
- Charlotte Park Elementary
- Cole Elementary
- Cora Howe Elementary
- Crieve Hall Elementary
- Dodson Elementary
- DuPont Elementary
- Eakin Elementary
- Gateway Elementary
- Goodlettsville Elementary
- Gower Elementary
- Hermitage Elementary
- Hull-Jackson Montessori School
- Julia Green Elementary
- Linden Corner School (Private)
- Napier Enhanced Option School
- Percy Priest Elementary
- Sylvan Park Paideia School
- Tulip Grove Elementary
- Tusculum Elementary
- Warner Elementary
- Whitsitt Elementary

After compiling and analyzing the data gathered, the Community Health and Wellness Team arrived at the following recommendations:

- Education is needed for drivers, for the safety of pedestrians and bicyclists.
- Community-wide Health Education is needed to teach the importance of physical activity, to reduce the risk of cardiovascular disease
- Enforcement is needed regarding parking on sidewalks and near intersections.
- Traffic should be slowed in the entire 1 1/4-mile perimeter around schools.
- The environment around schools needs to be cleaned up, trimmed, repaired, made walkable and safe.
- Safe, walkable sidewalks and bike routes are needed, especially around schools.

Each year, after Walk Nashville Week, data is collected, analyzed, and compiled into a report. The Team hopes that relevant Metro Departments and other stakeholders will consider this information and make plans and future decisions that will create a Walkable Nashville.

Walk Nashville Week 2001: A Physical Activity Event Coordinated by the Community Health and Wellness Team, a Community Coalition in Davidson County, Tennessee.

I. Walk To School Day 2001

The mission of the Community Health and Wellness Team is to promote wellness for all ages, through physical activity. Teaching children that regular physical activity is important will help them throughout their lives. According to the Centers for Disease Control and Prevention (CDC), there is an obesity epidemic in the United States. The number of overweight children aged 6 to 11 years has more than doubled in the last 30 years. Regular physical activity can help children maintain healthy bones, muscles, and joints, control their weight, and improve self-image. Besides promoting physical activity, Walk To School Day is an important opportunity for the children and adults to assess the neighborhood's built environment (roads, sidewalks, layout of buildings) with respect to safety and walkability.

The 2001 Walk To School Day was the third year for this event. More than 6,000 teachers, parents, children, and civic leaders came together for an early morning walk to 29 Metro schools. Mayor Bill Purcell participated every year and attended the walk at Bordeaux Elementary School in 2001. The Walk to School event has grown nearly 100% each year and the Team's goal is for every Nashville neighborhood school to participate in the event in the future.

Methods

PE teachers primarily organized Walk To School Day at each school. The Team provided Walk To School Guidelines Booklets to assist the teacher and school in organizing the event, as well as activities to promote the event beforehand. Two days before the event, the Team distributed banners, bottled water, coupons for refreshments from a local grocery store, prizes, and walkability surveys to each school. On the day of the walk, Team volunteers attended the events at as many of the schools as possible to provide technical assistance, for example: walking with the children, taking photographs of the event, and collecting the walkability surveys.

Both adults and students completed the walkability surveys after they arrived at their destination school. The survey is modeled on the National Safe Kids Campaign Walkability Checklist (see Appendix for example). The five questions on the survey focused on environmental and safety issues. The Checklist was originally intended as a community self-evaluation tool, not as a research instrument. The original Checklist offered suggestions for what parents and their children could do immediately to deal with the problems they encountered and then recommended what the community could do over the long-term to resolve the problems. The Team added questions to assess other barriers to walking, possible solutions that would encourage the person to walk more frequently, and assessed their current walking habits. In addition, in an attempt to get descriptions that are more specific and locations of problem areas, we requested specific street names where problems were encountered. We also allowed space for participants to write-in problems they encountered.

Respondents were allowed to mark multiple answers on all environmental and barriers questions to reflect all of the problems they encountered or observed in each situation. Responses to the original Checklist questions were grouped into "no problems" and "problems" categories, based on whether any specific problems were identified. This was necessary because some surveys indicated in the initial question that the walker had no problem, but then several problems for that situation were marked.

The survey was collected as a convenience survey. Our original target was to survey approximately 25 parents or children at each school, regardless of the number of participants. We reached this target at 17 of the 29 schools. School specific summaries include a graph showing how many of the walkers

surveyed noted problems for each of the five environmental and safety questions and then list more specific data on what problems were encountered at each school, including street names of problem areas. For schools that did not gather more than 10 surveys, the school specific summaries give only a listing of problems identified by any of the persons surveyed.

Limitations

Because this was a convenience survey, there were many limitations to the information we gathered. The main limitations were 1) not all Metro Schools were surveyed, 2) not all participants in the event completed the survey, 3) extraordinary measures, such as police escorts, were taken to ensure safety during this event, and 4) the festival-type nature of this event may have distracted the attention of those surveyed from serious environmental problems. Therefore, the results from this survey do not represent a complete and thorough assessment of the condition of the built environment around Metro Schools. They do provide a general indication, however, of some of the more obvious problems and concerns that parents, students, and teachers have regarding walking to school.

Results

A total of 768 surveys were collected from 24 schools. Five additional schools participated in the event but did not complete surveys. Approximately one-third (31%) of the surveys were completed by students. Adults accompanying the students ranged in age from 21 to 70. The majority of adults (48%) were in the 31-40 years age range.

The general results for the five environmental questions are given in the following table.

Question	No Problems	Problems	Not Answered
1. Did you have enough room to walk?	58%	41%	1%
2. Was it easy to cross streets?	77%	20%	3%
3. Did drivers yield to walkers and pedestrians?	81%	15%	3%
4. Was it easy to for you and your child to follow...safety rules?	73%	22%	5%
5. Was your walk pleasant?	75%	17%	8%

The first question asked if the respondent had room to walk (on the sidewalks or shoulders of the street). Forty-one percent (41%) of walkers surveyed said they did not have enough room to walk. Of the five problem situations listed, the percentage of respondents who indicated each one is as follows:

- No sidewalks, paths, or shoulders 17%
- Sidewalks were broken and cracked 14%
- Sidewalks started and stopped 11%
- Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc 10%
- Too much traffic 6%

The second question asked if it was easy to cross streets. This question proved problematic because many schools chose routes that did not require street crossing and some schools had police escorts that stopped traffic at busy intersections. Therefore, the distribution of problems may be an underestimate. Eighty percent (80%) of the walkers surveyed said they were able to cross streets easily. The percentage of respondents who noted specific problems is:

- Needed striped crosswalks or traffic signals 9%
- Needed curb ramps or ramps needed repair 4%

- Road was too wide 2%
- Traffic signals were too long or too short 1%
- Parked cars blocked our view of traffic 1%
- Trees or plants blocked our view of traffic 1%

The third question asked if drivers yielded to walkers and pedestrians. Again, schools, which had police escorts and supervision for their events, may not have experienced the problems that exist normally.

Eighty-five percent (85%) said drivers yielded. The percentage of problems noted is as follows:

- Drivers did not yield to people crossing street 4%
- Drivers backed out of driveways without looking 2%
- Drivers sped up to make lights or went through red lights 2%
- Drivers turned in to people crossing street 1%

The fourth question listed a series of safety rules and asked if the adult and child were able to follow each rule. Respondents were able to indicate if the safety rule did not apply to their walk to school that day. The table below indicates the percent of responses to each safety rule.

Safety Rule	Percent of Responses			
	Yes, easy to follow	No	Does not apply	Not answered
Cross at cross walks or where you could see and be seen by drivers.	80%	6%	7%	7%
Stop and look both ways before crossing streets.	80%	1%	4%	15%
Walk on sidewalks or shoulders facing traffic where there were no sidewalks.	57%	13%	11%	19%
Cross with the light.	28%	10%	43%	19%

The fifth question asked if the walk was pleasant. This question is not designed to assess pedestrian road-safety as the first four were, but more general safety issues as well as aesthetics of the chosen walking route. This question is noted as “unsafe or unappealing environment” on the graphs for each school. Responses to this question may be biased because of the unusual circumstances associated with the walk; for example, the participants were walking together in groups, on a beautiful day, with extra traffic control. Photographs taken at the events will assist in a more rigorous evaluation of the environmental conditions along the walking route. Eighty-three percent (83%) of respondents indicated that their walk was pleasant. The problems noted along the walking route are as follows:

- Dirty, lots of litter and trash 7%
- Too many cars or fast moving traffic 6%
- Loose or scary dogs 5%
- Needed more grass, flowers, or trees 3%
- Scary people 1%

The barriers to walking question offers eight possible reasons for the respondent not walking on a regular basis. Some of the barriers are environmental issues, some are safety issues, but many are behavioral issues such as “busy schedule” or “I don’t enjoy walking”. Many respondents noted that they did not have any barriers and walked every day. The percent response for each barrier is listed below.

- No sidewalks or busy road traffic 28%
- Busy schedule 27%
- Dangerous dogs 22%
- Crime rate 13%
- It takes too long 11%
- No one to walk with 11%
- I don't enjoy walking 4%
- Poor health 2%

As a follow-up to the barriers question, we offered five solutions that might influence respondents to walk more. The percent response for each solution is listed below.

- Better sidewalks 35%
- More time 32%
- Someone to walk with 27%
- Safer neighborhood 17%
- Better health 6%

Conclusions and Recommendations

Lack of sidewalks and sidewalk disrepair were the most prevalent environmental problems and barriers to walking, with the exception of Dodson Elementary, which received new sidewalks recently. Amqui, Bordeaux, Buena Vista, Percy Priest, Whitsitt, Charlotte Park, Cora Howe, and Cole were the schools where the most sidewalk-related problems were reported.

Lack of adequate crosswalks, pedestrian crossing signs, and traffic signals created unsafe walking conditions in the neighborhoods surrounding many of the schools. Improvement of all of these features should be considered. Additionally, a public education campaign for drivers is needed to inform citizens of how they might successfully share the road with and respect the rights of pedestrians and cyclists.

The most common barriers that might be resolved by community and government intervention are lack of sidewalks and fast moving traffic. This reinforces what we learned from the first two environmental questions, that the most common problem is poor maintenance of or lack of sidewalks around schools. Dangerous dogs, the crime rate, and no one to walk with might also have potential for community or government intervention.

Magnet schools are special cases for which students often do not have a choice of being bused or driven to school. Other opportunities for physical activity need to be ensured to these students.

Local schools, parent-teacher organizations, and other community groups should organize walking groups. Walking groups would offer the companionship that many walkers said would encourage them to walk more.

Community or neighborhood planning of safe walking routes for children would focus improvement efforts. Creating a supportive environment could go a long way toward promoting regular physical activity for residents in Davidson County.

II. Titan Fans Walk to Game Day 2001

The goal of Titans Fans Walk to Game Day (TFW) was to encourage sports-fans to recognize the importance of walking for both physical and emotional good health and to recognize the Titans fans for their walking some distance to the game that day.

Methods

Twenty-five (25) volunteers were strategically placed along the more heavily trafficked streets leading to the stadium. Volunteers wore distinctive red T-shirts to stand out from the crowd as they distributed bottled water, wearable stickers, and greeted the fans with a friendly congratulatory message to reinforce the fans' efforts to be physically active. Distances were measured from parking areas throughout the downtown area to the football stadium. Round-trip distances were then printed on banners and hung in their respective locations a few days prior to game day. The event was promoted with posters in the windows of various downtown shops a week before the event. There were press releases in both print and radio formats.

Outcomes

- Over 12,000 sports fans were reached with a message of support and encouragement for their walking to the game. Volunteers distributed approximately 12,000 wearable stickers announcing "I Walked to the Titans Game Today". This represents a 200% increase in the number of stickers handed out for TFW 2000.
- We established a good relationship with the Tennessee Titans Community Relations department. They were supportive of the goals, and provided opportunities to promote the event on their web site calendar, the game program, the pre- and post-game radio shows, and via a message appearing on the Jumbo-Tron during the game. They also put us in touch with some of their corporate sponsors to approach for financial support.
- Kroger joined Walk Nashville Week as a primary sponsor: Kroger provided money for wearable stickers and volunteer T-shirts for all of WNW, donated bottled water to give away, and arranged for several volunteers to help on game day.

Limitations

Due to the tragic events that occurred on September 11, 2001, the NFL postponed all games for the weekend on which TFW had originally been scheduled and the event had to be rescheduled. The Community Health and Wellness Team and the TFW subcommittee reacted quickly and decisively to get backup plans in place. Some of these measures involved immediate contact with the primary sponsor, halting and redoing the printing of 250 T-shirts, and numerous communications with the Tennessee Titans Community Relations Manager.

Conclusion

The Titans Fans Walk 2001 was the most successful to date. It complements the other events during Walk Nashville Week by targeting sports fans of genders, all races, and ages. We demonstrated that we can reach large numbers of people with a positive message about becoming more physically active in the daily routine, thereby planting seeds of change that lead to a more active, healthy lifestyle.

III. Walk for Active Aging 2001

Overview

The Walk for Active Aging Day was initially conceived as Nashville's participation in Global Embrace, a World Health Organization sponsored walk event in communities around the world to encourage activity among older adults. In 2001, the walk was scheduled for Saturday, September 29. The goal was to encourage more walking among older adults by having a walking event, which was also part of an international healthy aging program.

Methods

The plan was to select several senior citizen centers and high rise senior apartment buildings, recruit leadership for the walk from those members, and provide technical support and participation incentives for the senior citizen walkers at each center. This was a change from prior years in which a walk at a central location was planned, which required participants to have transportation to the central location. The senior citizen centers included Hadley Park, Knowles and Donelson Senior Citizen Centers, as well as Leah Rose Residence for Retired Persons. Senior citizen members of the Dayani Human Performance Center for Rehabilitation also walked. The Team provided Walk for Active Aging Guidelines Booklets as well as technical assistance. Incentives were also provided in the form of "goody bags" with donated items such as key holders and jar openers imprinted with healthy heart messages. Participants at Leah Rose, Germantown, and Donelson completed Walkability surveys after completing the walk. Results are summarized on the following page.

Outcome and Survey Results

Participation was highest at Leah Rose, which had 27 enthusiastic walkers. Some older adults even participated using walking aids. One participant noticed overhanging bushes during the walk, which he immediately returned to and trimmed as soon as he finished his walk. Hadley Park and Knowles Senior Citizen Centers each had approximately 10 walkers. An estimated 20 walkers walked at Dayani Center. The Germantown Neighborhood had 12 walkers.

A total of 29 surveys were collected from walkers at Leah Rose and Germantown. The age of respondents ranged from 31 to more than 71 years old. The majority of respondents (52%) classified themselves as age 71 or older. Approximately two-thirds (65%) of those surveyed said they typically walk for 30 minutes a day on three or more days a week. The majority of the walkers surveyed (69%) said their neighborhood was above average with respect to walkability. In addition, more than half of the walkers (66%) rated their health excellent or good. The barriers and solutions to barriers identified by the walkers are listed below:

- 28% (8 walkers) said their busy schedule was a barrier to walking and 24% (7 walkers) said they would walk more if they had more time.
- 24% (7 walkers) said their poor health kept them from walking.
- 38% (11 walkers) said they would walk more if sidewalks were improved and 17% (5 walkers) said the lack of sidewalks or busy traffic in their neighborhood kept them from walking.
- 21% (6 walkers) said they would walk more if they had a walking companion.
- Walkers also noted that leash laws need to be enforced.

Limitations

Donelson Senior Citizen Center was unsuccessful in implementing their walk. The previous year, Donelson's walk was held on the same day as a major health-screening event and this had been the primary motivation for those who walked. In addition, the walk was held on a Saturday when Senior

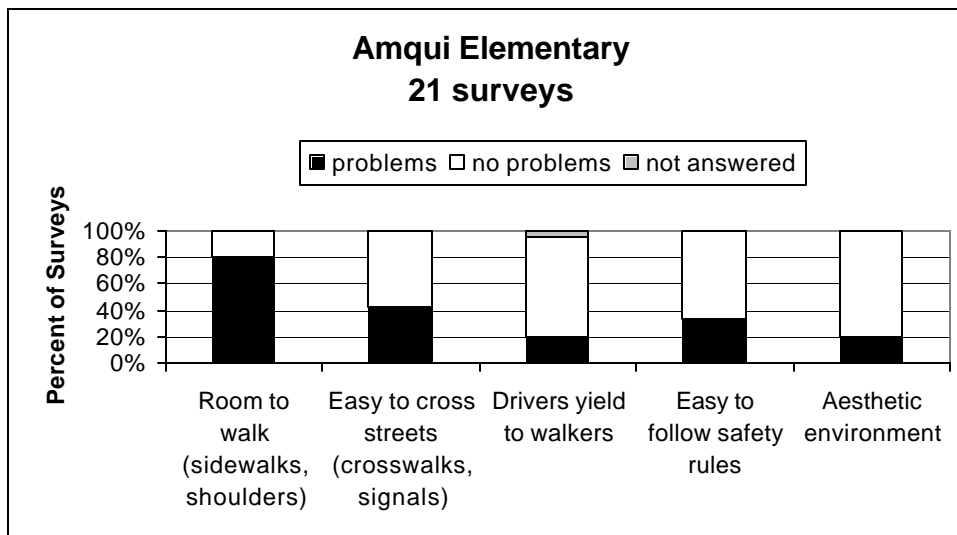
Citizen Centers are usually closed. Senior citizen center leadership advised us that the walks would be more successful at these centers if they were held during the week when the center was usually open. This was not a problem at the Leah Rose Residential Center.

Conclusion

Active older adults are more independent, have fewer disease management problems. They enjoy the benefits regular exercise, which provides improved physical, mental and social health. Walk for Active Aging is an opportunity to promote increased activity among older adults. This event demonstrates that older adults are very receptive to change interventions that in the past have been targeted for younger people. In the future, the Team will consider scheduling the Walk for Active Aging event during the week, especially at senior centers when older adults are likely to participate. Walks at senior citizen residential facilities represent one of the largest areas of potential growth for Walk Nashville Week activities.

Amqui Elementary 319 Anderson Lane, Madison, TN 37115

The Amqui Elementary School walk included 62 walkers. The majority of walkers started at the Madison Community Center but others began the walk from their homes. Teachers assisted the walkers by stopping traffic along the route to aid in the crossing of streets. The only sidewalk on the route was on Anderson Lane. Walkability surveys were completed by six students, 15 adults. The main findings were as follows:



- Majority of problems were related to a lack of sidewalks. 67% of the walkers surveyed said they did not have enough room to walk because of missing sidewalks or inadequate street shoulders. They also noted that mailboxes obstructed sidewalks.
- 29% of walkers surveyed said they had trouble crossing streets because there were no crosswalks or signals.
- Walkers noted fast-moving traffic that made it dangerous to walk. 24% of those surveyed said they did not have enough room to walk because there was too much traffic.
- Walkers noted trash and broken glass along the route.
- 38% of those surveyed walked 30 minutes a day on three or more days a week.

Streets with Problems

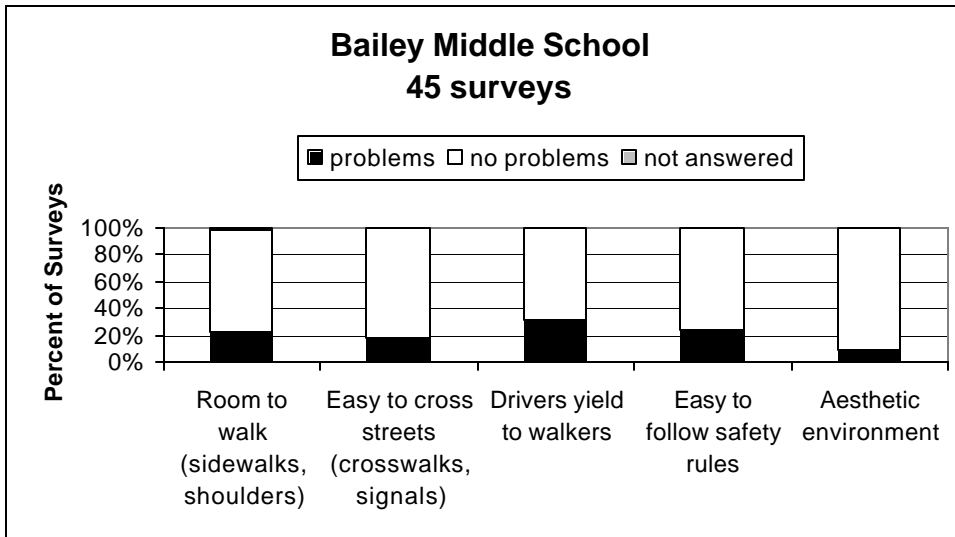
- Anderson Lane
- Bixler
- Delaware Ave
- Cumberland
- Snow Ave
- Sealy Drive

Barriers to Walking

- 52% of walkers said lack of sidewalks kept them from walking and 62% would walk more if sidewalks were improved.
- 24% of walkers said that a busy schedule kept them from walking and 33% would walk more if they had more time.

Bailey Middle School 2000 Greenwood Ave. Nashville TN 37206-1725

The Bailey Middle School walk included approximately 120 walkers. The majority of walkers started from Hobson Church; some started their walk from home. The route from Hobson Church followed Greenwood Avenue to get to the school. Because this is a new school, they had no PTO to provide help in organizing the walk. Special guests were Patricia Crotwell of the Metro School Board and Metro Council member Eileen Beehan. 45 students completed walkability surveys. The main findings were as follows:



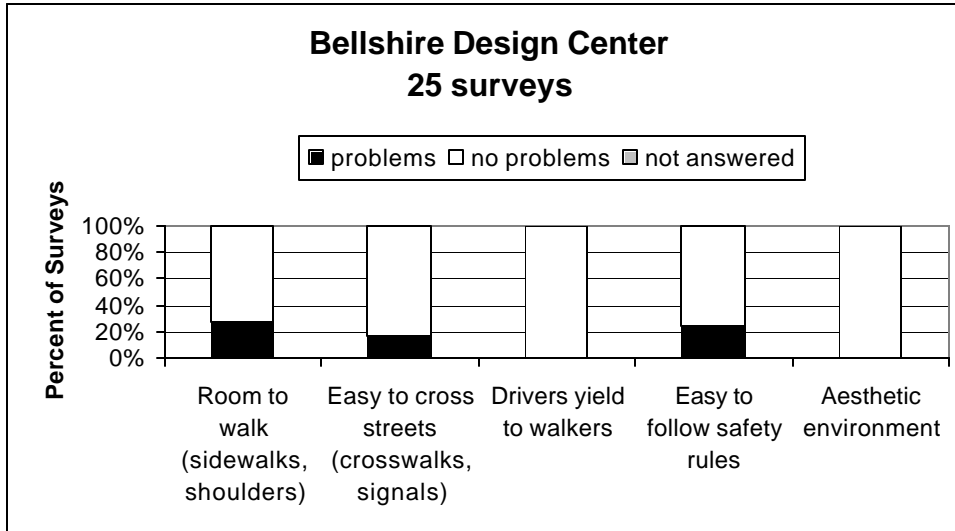
- Walkers surveyed said they did not have enough room to walk because sidewalks were blocked (13% of surveys).
- Walkers also reported that crossing the streets was difficult because drivers did not yield to pedestrians.
- 42% of those surveyed walked 30 minutes a day on three or more days a week.

Barriers to Walking

- 38% of walkers surveyed noted dangerous dogs on the route.
- 18% of walkers surveyed said they had no one to walk with and 51% would walk more if they had someone with whom to walk.
- 20% of walkers surveyed would walk more if their neighborhood was safer.
- 18% of walkers surveyed would walk more if sidewalks were better.

Bellshire Elementary 1128 Bell Grimes Ln. Nashville TN 37207

The Bellshire Elementary walk included approximately 53 walkers. The walk started at Bellshire United Methodist Church, and followed Oxbow Street to get to the school. A police escort aided the walkers. Special guests were Pam Garrett from the Metro School Board and Brenda Gilmore from the Metro Council. 25 adults (parents or grandparents) completed walkability surveys. The main findings were as follows:



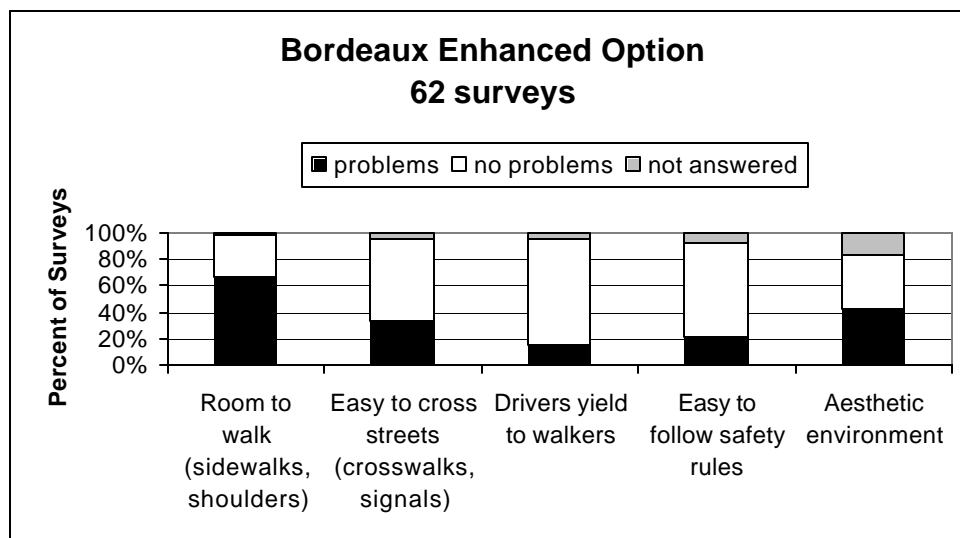
- The majority of problems were related to lack of adequate sidewalks or street shoulders (28% of surveys).
- Those surveyed noted that the blind hill in front of the school caused a problem for some walkers.
- Parents noted on the surveys that a crossing guard would be helpful.
- 44% of those surveyed walked 30 minutes a day on three or more days a week.

Barriers to Walking

- 20% of walkers surveyed said dangerous dogs kept them from walking.
- 24% of walkers surveyed said that lack of sidewalks or busy traffic kept them from walking and 32% said they would walk if there were better sidewalks.
- 28% of walkers surveyed noted their busy schedule kept them from walking and 44% said they would walk if they had more time.
- 28% of walkers surveyed said they would walk more if they had a walking companion.

Bordeaux Enhanced Option Elementary 1910 S. Hamilton Rd. Nashville 37218

Bordeaux Enhanced Option was the lead school for Nashville Walk To School Day 2001. 260 students from pre-kindergarten to 4th grade participated in the event. Special guests included Nashville Mayor Bill Purcell, Metro Council member Melvin Black, Metro Health Department director Dr. Stephanie Bailey and representatives from the Pencil Partners and SafeKids organizations. Most walkers started from the Family Dollar Store on Clarksville Pike. The walk followed Hamilton Road to the school. Walkers also came directly from their homes. A police escort aided walkers. 16 students and 46 adults completed walkability surveys. The main findings were as follows:



- Sidewalk disrepair was the most common problem noted on the surveys – 48% of walkers surveyed said sidewalks were broken or cracked, 24% said sidewalks started and stopped, and 29% said sidewalks were blocked.
- An example of sidewalk disrepair and blockage was a metal plate, bent and dangerous, covering the sidewalk on South Hamilton.
- There are no sidewalks in front of the school.
- The 4-way stops are not honored in the S. Hamilton, N Hydes Ferry, and River Dr areas.
- Litter and broken glass was identified by 37% of the surveyed walkers.
- 31% of those surveyed walked 30 minutes a day on three or more days a week.

Streets with Problem Areas

- N Hydes Ferry Pike
- South Hamilton Road
- Curtis Street
- Clarksville Pike

Barriers to Walking

- Lack of sidewalks, crime, dangerous dogs, and busy schedules were each noted by approximately one-third of those surveyed as barriers to walking.
- 42% of those surveyed would walk more if they had better sidewalks and 37% would walk more if their neighborhood was safer.

Student Comments

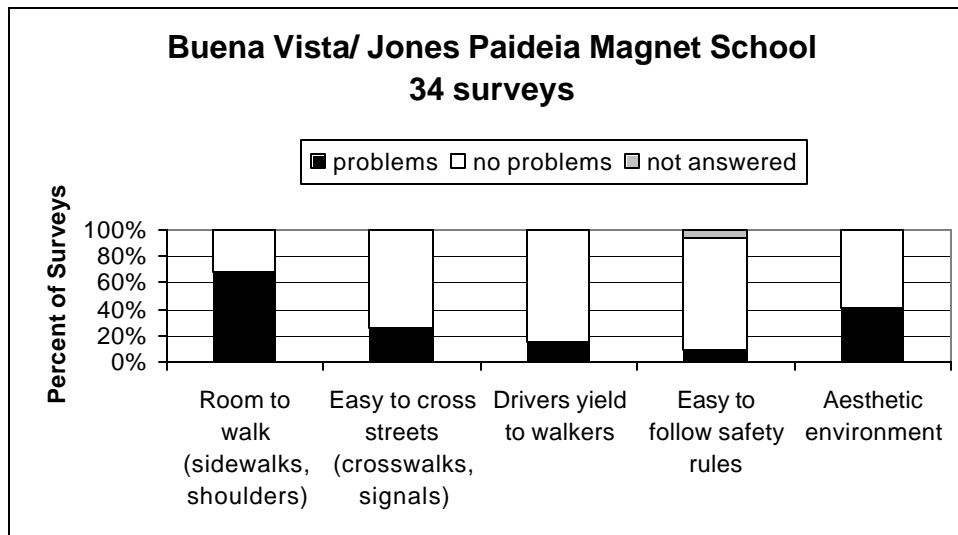
"The sidewalk had glass on it. The mailbox was on the sidewalk." Age 10

"The medal was broke on the sidewalk. There was trash and glass everywhere. There was dents in the sidewalk." Age 9

"I feel unsafe walking to school because they was glass. They was a pice of meltle down in the ground that went down and it is not safe for people in wheelchires." Age 10

Buena Vista/ Jones Paideia Magnet School 1800 9th Ave. N, Nashville, TN 37208

The Buena Vista/Jones School walk included approximately 90 students from pre-kindergarten to 3rd grade. The walk began at La Quinta Inn on Metrocenter Blvd. No streets were crossed on the route from La Quinta to the school. Some walkers came from home. Fox 17 news was at the school and did a story on health, safety, and the community. Scott Woodall, the organizing PE teacher, noted that students noticed both safe and unsafe aspects of the walk. One student and 33 adults completed walkability surveys. The main findings are as follows:



- Sidewalk disrepair was the most common problem noted in the survey – 56% of those surveyed said sidewalks were blocked and 44% said sidewalks were broken or cracked.
- Sidewalk obstructions included tree stumps.
- 35% of those surveyed noted litter along their walking route.
- Fast-moving traffic along the route was also a concern, especially over hills, which obstruct the driver's ability to see pedestrians.
- 36% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

- North 9th Avenue and Dominican

Barriers to Walking

- Distance is a significant barrier because this is a commuter school and not a neighborhood school.
- 32% of walkers surveyed said their busy schedule kept them from walking and 38% said if they had more time they would walk.
- 24% said they would walk more if the sidewalks were better and 32% would walk more if the neighborhood was safer.

Comments

"It was wonderful to be able to walk with my child, his classmates, and other parents. Everyone had fun and of course got some morning exercise." Parent

"Would have been a perfect walk if sidewalks and crosswalks were present. Otherwise I really enjoyed the fresh air and exercise and quality time with my kids." Parent

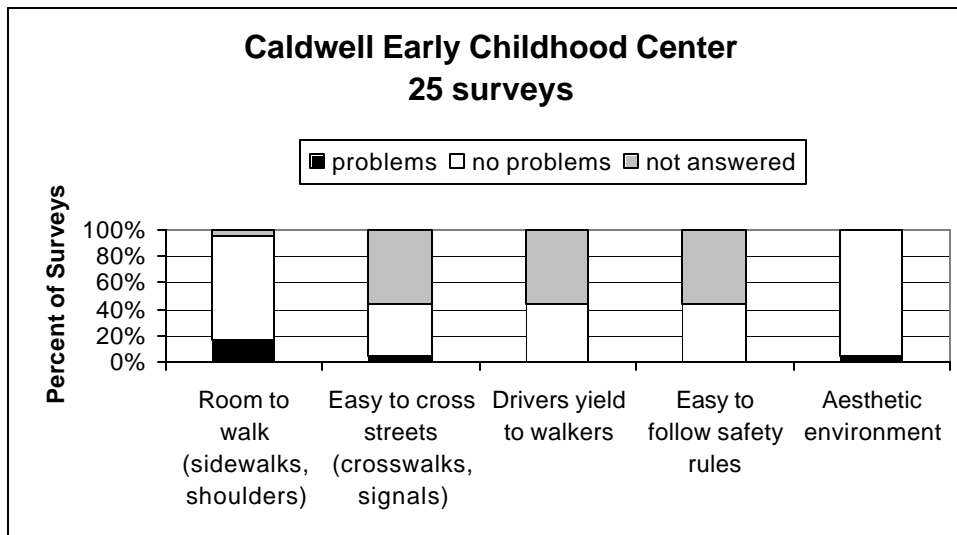
"It was a great feeling of community." Parent

"I had fun." Parent

"Sidewalks are needed, too many stray dogs." Parent

Caldwell Early Childhood Center 401 Meridian St Nashville TN 37207

The Caldwell School walk started at a nearby Dollar General store. Walkability surveys were completed by 25 walkers – 2 students and 23 adults. The main findings are summarized below.



- Sidewalk problems were the main complaint of walkers surveyed.
- 28% of those surveyed said the walk 30 minutes a day on three or more days a week.

Barriers to Walking

- Safety concerns about the neighborhood were the primary barrier reported. 92% of walkers surveyed noted crime as barrier, 80% noted dangerous dogs, and 96% said they would walk more if the neighborhood was safer.
- Sidewalks were the second most noted barrier to walking. 24% of those surveyed did not walk because sidewalks were missing or in poor condition or because of busy traffic and 68% said they would walk if sidewalks were improved.
- The need of a walking companion (32%) and lack of interest in walking (24%) were also noted as barriers. 64% of those surveyed said they would walk more if they had someone with whom to walk.

Carter Lawrence Math and Science Elementary 1110 12th Av. S. Nashville, TN 37203

Walkers at Carter Lawrence Elementary began their walk from home. On a regular day, the PE teachers estimate only 40 students walk to school in the morning, but approximately 100 students walk home in the afternoon. The Walk To School Day even was announced on the school intercom announcements and notes were sent home with the students. Because Carter Lawrence is a magnet school, which draws students from all over the county, walking to school is not a reasonable option for some students. The organizing teachers noted that the walk was not well attended. Walkability surveys were completed from three students. The comments are summarized below.

- Walkers surveyed said that drivers did not yield to pedestrians.

Streets with Problem Areas

- 12th Avenue – It is a very busy street in the early morning.

Barriers to Walking

- The students surveyed did not enjoy walking.
- Students said they would walk if they had more time.

Charlotte Park Elementary 480 Annex Ave. Nashville TN 37209

The Charlotte Park Elementary walk began from students' homes. Approximately 150 walkers participated. In preparation for the walk, teachers sent flyers home with the students three times. The school invited their Metro Council representatives, their state senator, and other civic leaders. Senator Thelma Harper and John Norris, President of Greenways of Nashville and husband of School Board Member Christina Norris, attended. The neighborhood association president, Wallace Lampley, also attended. The walk also had community support from Wal-Mart and the Charlotte Park PTO. Despite the large attendance, very few walkability surveys were completed – two by students and six by adults. The findings are summarized below.

- Sidewalk disrepair was the most common problem for the walkers surveyed. Curb ramps need to be installed or repaired. The condition of the sidewalks also prevented the walkers from following sidewalk-related safety rules.
- Crosswalks and crossing/traffic signals are also needed due to a high volume of traffic. Cars also drove fast around blind spots.
- Walkers also said that drivers did not watch for pedestrians.
- Walkers noted loose dogs as a problem for walkers in their neighborhood.

Streets with Problem Areas

- Annex Ave – This Street has a busy four-way intersection.

Barriers to Walking

- Walkers said lack of sidewalks, busy traffic, dangerous dogs, busy schedules, and no walking companions kept them from walking.
- Walkers said they would walk more if sidewalks were better, if their neighborhood was safer, if they had more time, and if they had someone with whom to walk.

Student Comments

"#1 No crossing guard at Annex and Robertson Ave. #2 No side walk from Robertson Ave. down to our house at ____." Age 8

"The sidewalk was not wide enough so I could not walk hand in hand with my moma. But I enjoyed it. And my moma enjoyed it too." Age 9 ½

"My son and me, we start Oct. 2, 01 to Oct. 6, 01 walking in the apt & Richland Hill the morning about 6:30 am – 7:00 am. Very feeling good, thank you very much help my son. I don't know what's I say? Thank a lot." Adult

"I was happy when I went walking today. I saw a squerlle (*squirrel*) climb up a tree. My problem was I didn't know that it was a squerlle (*squirrel*) luse. (*loose*) It was in a bush." Age 7

"It made my bones strong. I sol some cars in the sret." Age 7

"A lote of dog. But they did not bite us. And the moms and us." Age 7

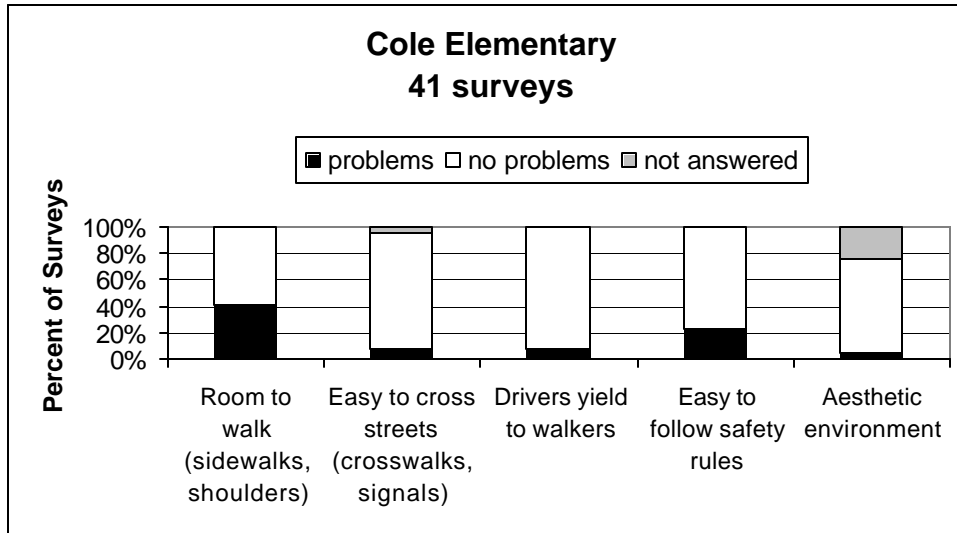
"When I walked to school I saw a burd with it's baby burds." Age 7

"Just happy that I walked all the way to school. I liked walking with my grandfather." Age 9

"I felt good about the walk. I observed a group parents and kids walking to school. I had a great time. Also, I learned about safety." Age 6

Cole Elementary 5060 Colemont Dr Antioch, TN 37013

The Cole Elementary walk had approximately 245 walkers. Walkers came from their homes to school. A police escort helped the walkers on Tusculum and Coleridge streets. Additional community support came from Cummings Electric, Pencil Partner, with the donation of snacks and water. 2 students and 39 adults completed walkability



- The majority of problems reported on the walk stemmed from sidewalks. 29% of those surveyed did not have enough room to walk because of lack of sidewalks or street shoulders. 10% said they could not follow safety rules for walking on sidewalks, because there were no sidewalks.
- Crossing and traffic signals were also a problem. 10% of those surveyed said they could not follow safety rules for crossing with the light since there was no light.
- Walkers surveyed said that fast driving cars were also a problem.
- 27% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

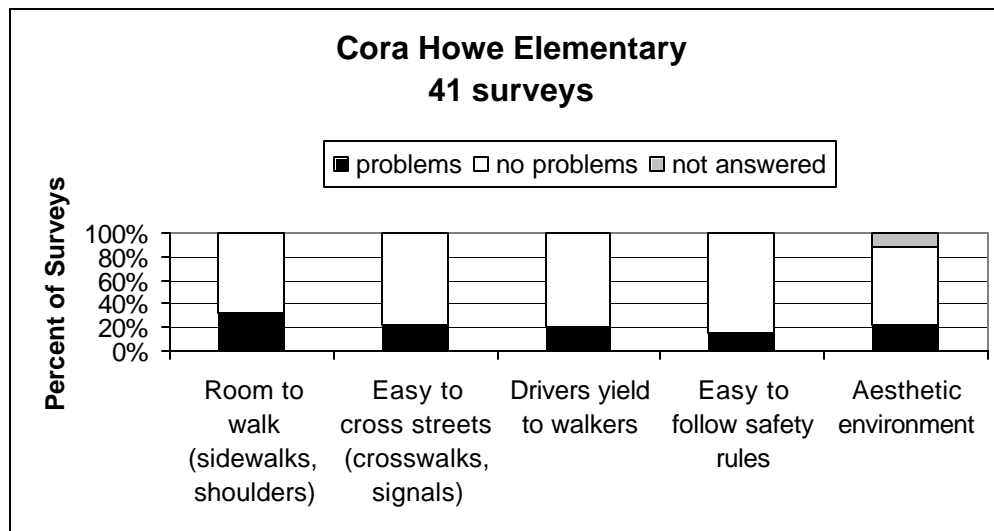
- Colemont Dr from Delvin Dr to Tusculum Rd
- Coleridge Dr
- Brewer Dr and Tusculum Rd intersection
- Coleridge Dr and Tusculum Rd intersection – This intersection has no traffic light.
- Tusculum Dr
- Ocala Dr

Barriers to Walking

- Busy schedule was the most listed barrier to walking (34%), with 32% of those surveyed responding that they would walk more if they had more time.
- 22% of walkers surveyed said busy traffic and the lack of sidewalks were barriers to walking and 27% said they would walk more if sidewalks were better.
- Walking companions were also identified as a possible solution to walking barriers by 22% of those surveyed.

Cora Howe Elementary 1928 Greenwood Ave. Nashville TN 37206

The Cora Howe Elementary walk began from students' homes. Approximately 36 students walked and an uncounted number of parents. 10 students and 31 adults completed walkability surveys. The main findings are summarized below.



- The majority of problems were sidewalks-related. Walkers surveyed said the sidewalks started and stopped (15%), were cracked (12%), and were blocked in some areas (15%). In some areas, cars were parked near street corners.
- Fast traffic on Douglas Ave was noted as a problem.
- 12% of walkers surveyed said they had trouble crossing streets because there were no crosswalks and traffic signals.
- 17% of those surveyed said that loose dogs made their walk unpleasant.
- 27% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

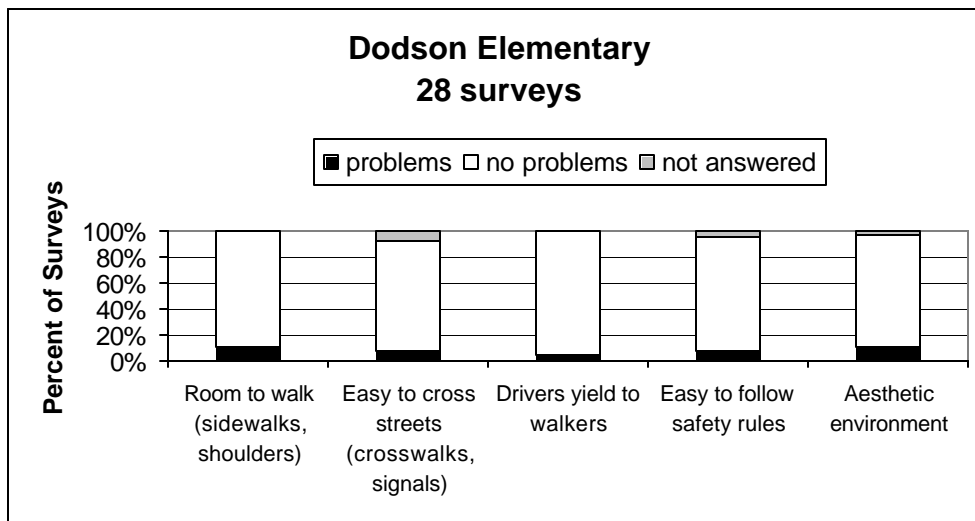
- Eastland Ave and Scott Ave
- Douglas Ave and Scott Ave
- Gallatin Ave
- Scott Ave, especially near the school

Barriers to Walking

- Loose dogs were identified by 41% of the surveys as a barrier to walking. 17% of those surveyed said they would walk more if the neighborhood was safer.
- Lack of sidewalks was identified by 15% of those surveyed as a barrier to walking, with 20% saying that they would walk if there were better sidewalks.
- Walkers also listed the need for walking companions and better health as things that would help them to walk more.
- Busy schedules were the most common barrier to walking (44% of surveyed walkers) and 39% said they would walk more if they had more time.

Dodson Elementary 4401 Chandler Rd Hermitage, TN 37076

The Dodson Elementary walk began two blocks from the school at the Petco store parking lot. Approximately 500 students walked along Chandler Road to get to school. Since most students are bused to the school, Betty Provost, the organizing teacher, asked buses to stop at the Petco to allow these students to participate in the event. Other students walked directly from home. A police escort assisted the walkers. Prior to the walk, students made posters and were given safety education. Special guests included Metro Council member Phil Ponder and School Board member Kathy Nevill. Additional community support came from the PTO and McDonalds. 5 students and 23 adults completed walkability surveys. The main findings are summarized below.



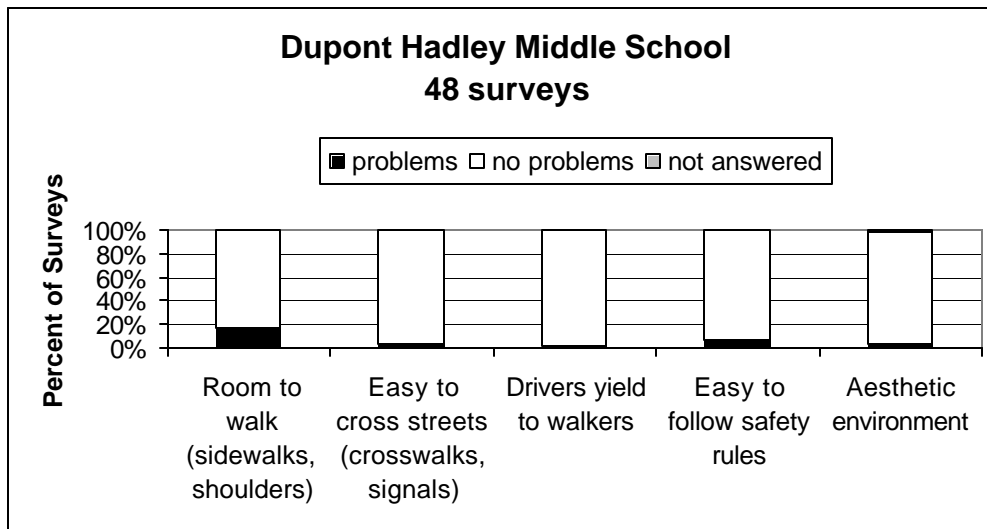
- Few environmental problems were identified, perhaps due to the short length of the walk for the majority of the walkers.
- New sidewalks were recently constructed around Dodson Elementary, but there few students regularly walk to school. There is still a need for sidewalks on side streets in the neighborhood.
- 11% of walkers surveyed said that litter made their walk unpleasant.
- One parent noted that cars did not adhere to the posted 15 mile-per-hour school zone speed limits.
- 21% of those surveyed said they walk 30 minutes a day on three or more days a week.

Barriers to Walking

- 36% of walkers surveyed said the state of sidewalks and busy traffic in the neighborhood kept them from walking and the same percentage said they would walk more if sidewalks were improved.
- Lack of time was listed as a barrier by 32% of those surveyed. 46% said they would walk more if they had more time.
- 36% said they would walk more if they had walking companions.

Dupont Hadley Middle School 1311 Ninth St. Old Hickory, TN 37138

The Dupont Hadley Middle School walk had approximately 330 walkers, including children and adults. Prior to the walk, students made flags that they carried on the walk. Walkers met at Old Hickory Church of Christ to walk 1 (one) mile to the school. They walked along 11th, Bryan Street, Merrit, to 9th Street. Metro Council member Feller Brown led the walk and gave a speech on citizenship and community service. The event received media coverage by The Messenger and included a flag ceremony. Additional community support came from members of the DuPont plant. They contributed paper products, sausage biscuits and helped serve breakfast to parent volunteers. 3 students and 45 adults completed walkability surveys. The main findings are summarized below.



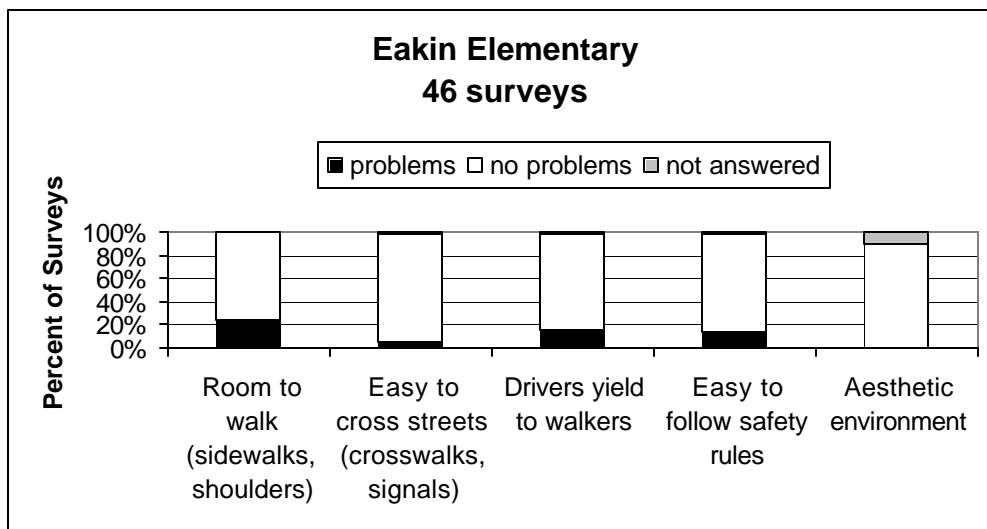
- Walkers surveyed noted that wheelchair ramps were needed at corners of the streets along the route where they walked.
- There were some obstructions on the sidewalks – bushes needed to be trimmed and cars parked on the curbs.
- 10% of those surveyed walk 30 minutes a day at least three times a week.

Barriers to Walking

- Lack of time was the most commonly reported barrier to walking – 42% of those surveyed listed it – and 46% said they would walk more if they had more time.
- Lack of a walking companion was the second most common barrier. 40% of walkers surveyed said they would walk more if they had someone with whom to walk.
- Better sidewalks would encourage 19% of those surveyed to walk more.

Eakin Elementary 2400 Fairfax Ave Nashville TN 37212

Walkers from Eakin Elementary walked from their homes to the school. Walkability surveys were completed by 30 students and 16 adults. The main findings are summarized below.



- Sidewalks were the main problems noted by walkers who completed the survey. Sidewalks were broken, cracked, overgrown with weeds, and bumpy.
- 37% of those surveyed said they walk 30 minutes a day at least three times a week.

Streets with Problem Areas

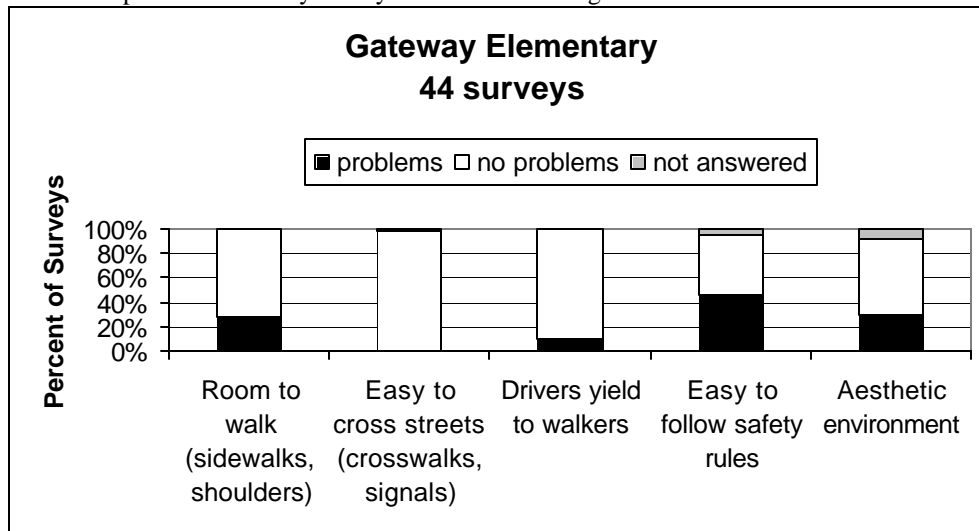
- Natchez Trace from West Linden to Blair Blvd – There are no sidewalks.
- 21st Ave S and Fairfax Ave intersection
- Blair Blvd

Barriers to Walking

- Lack of time was the most common barrier listed by those surveyed (30%) and 41% said they would walk more if they had more time.
- Inadequate sidewalks were noted as a barrier by 15% of the walkers surveyed.

Gateway Elementary 1524 Monticello Ave. Madison, TN 37115

Gateway Elementary began its walk to school from the Rivergate Skate Center. The walk was approximately 1.4 miles long. The participants walked along Monticello Ave. to the school. A total of 207 students and adults participated – 27 from the kindergarten class, 28 from 1st grade, 22 from 2nd, 28 from 3rd, 30 from 4th, and 7 students from special education classes. The school received additional support of \$100 worth of refreshments from Wal-Mart. 44 students completed walkability surveys. The main findings are summarized below.



- The main problem reported by 43% of walkers surveyed was that they could not follow safety rules for using sidewalks or walking on street shoulders. 11% also noted that they could not follow safety rules for crossing with traffic lights.
- 20% of walkers surveyed noted litter along the route.
- 37% of those surveyed said they walk 30 minutes a day on three or more days a week.

Barriers to Walking

- Loose dogs were the most commonly reported barrier to walking (27% of the surveys). 23% of walkers surveyed would walk more if the neighborhood was safer.
- Not having a walking companion kept 25% of those surveyed from walking and 61% said they would walk more if they had someone with whom to walk.
- Lack of time was a barrier for 16% of the walkers surveyed and 30% said they would walk more if they had more free time.
- Sidewalk disrepair or absence kept 14% of those surveyed from walking and 11% said they would walk more if there were better sidewalks.

Student Comments

"I was so mad that I saw litter. I thought it was cool that I got to look under the bridge." Age 8

"It was a great walk. I like it because we had our friends. I did not have any problems because I knew the dogs." Age 8

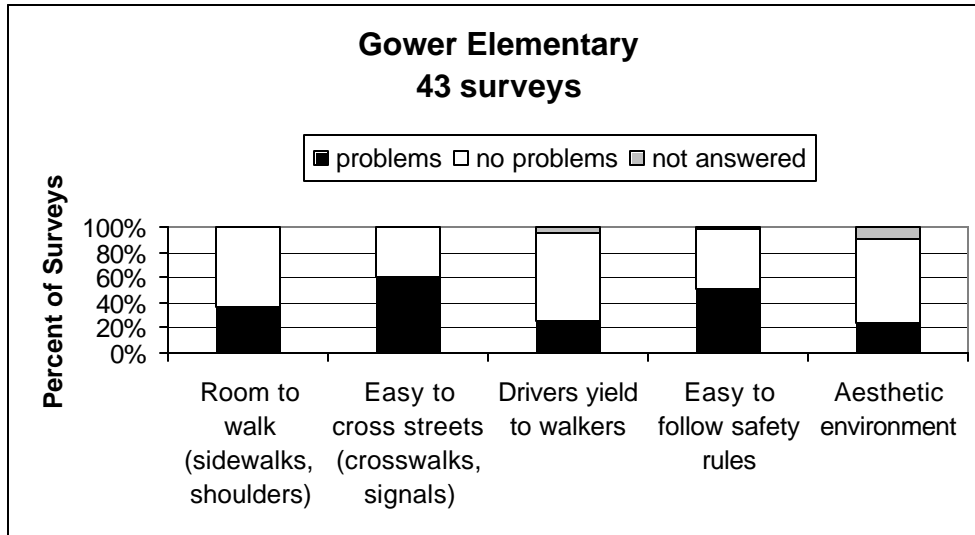
"It was a good walk. I liked it because it was fun. But there was trash." Age 8

"I felt very safe and my friend did too. and I saw a dog that looks mean." Age 9

"I like to walk to school" Age 9

Gower Elementary 650 Old Hickory Blvd Nashville TN 37209

The Gower Elementary walk had approximately 200 participants. The walk began at Agape Fellowship Church on Old Hickory Blvd. A Davidson County Sheriff's officer stopped traffic on Old Hickory so the students could cross. Metro Council member Bob Bogen joined in the walk. Vulcan Materials, a Pencil Partner to the school, provided additional community support. Prior to the walk, students had safety training in their PE classes and made posters in art class. In general, there are no sidewalks, no crosswalks, and no crossing guards around the school. 9 students and 34 adults completed walkability surveys. The main findings are summarized below.



- The most common problem reported in the surveys (44%) was that safety rules for crossing with the light could not be followed. 42% of those surveyed also noted that it was not easy to cross the streets because of the lack of striped crosswalks or traffic signals.
- The second most common problem was that walkers could not follow safety rules for crossing where drivers (21%) could see the pedestrian.
- Walkers also noted that they did not have enough room to walk because sidewalks started and stopped (12% of surveys) and that there was much fast moving traffic along the route (16% of surveys).
- Other comments included that sidewalks in the neighborhood were narrow, often had no grass strip between them and the road, were littered with broken glass, and that there was too much heavy traffic along the route.
- 37% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

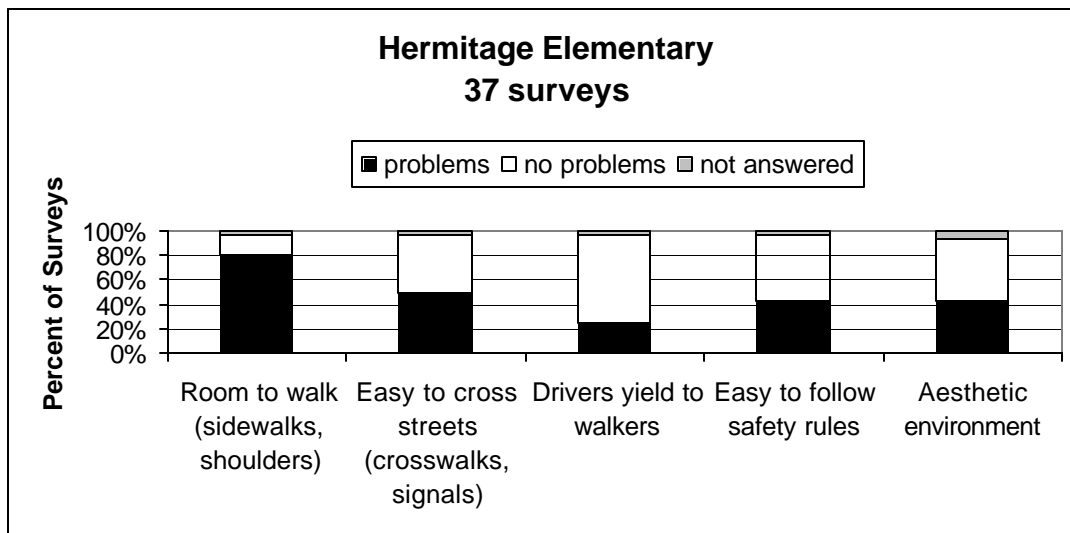
- Old Hickory Blvd, especially near Gower Elementary School
- Old Hickory Blvd and Charlotte Pike– There is no crosswalk at this intersection.
- Charlotte Pike – There were no sidewalks.

Barriers to Walking

- 44% of walkers surveyed said they did not walk regularly because there were no sidewalks and busy traffic on the roads near the school. 51% said they would walk more if the sidewalks were better.
- Lack of time or busy schedule kept 26% of those surveyed from walking and 28% would walk more if they had more time.
- The crime rate in the neighborhood also kept people from walking (14%).
- 19% of those surveyed said they would walk more if they had a walking companion.

Hermitage Elementary 3800 Plantation Dr Hermitage TN 37076

The Hermitage Elementary walk began at the McDonald's on Lebanon Road. The walk went for approximately 0.75 miles. Some students began their walk at home. A police escort assisted students and their chaperones. 22 students and 15 adults completed walkability surveys. The main findings are summarized below.



- The majority of problems marked on the surveys deal with sidewalks. 59% of walkers surveyed said they did not have enough room to walk because sidewalks started and stopped, 68% said the sidewalks were broken and cracked, 35% said there were no sidewalks in some places, and 14% said the sidewalks were blocked.
- 30% of walkers surveyed said they had trouble crossing the streets because crosswalks and traffic signals are needed.
- Walkers surveyed said they could not following safety rules for walking on sidewalks or street shoulders (22%), crossing with the light (24%), and crossing where drivers could see pedestrians (16%).
- Other problems noted were loose dogs, cars parked on the Bonnahurst Dr sidewalk, the need for four-way stops, and fast traffic.
- 36% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

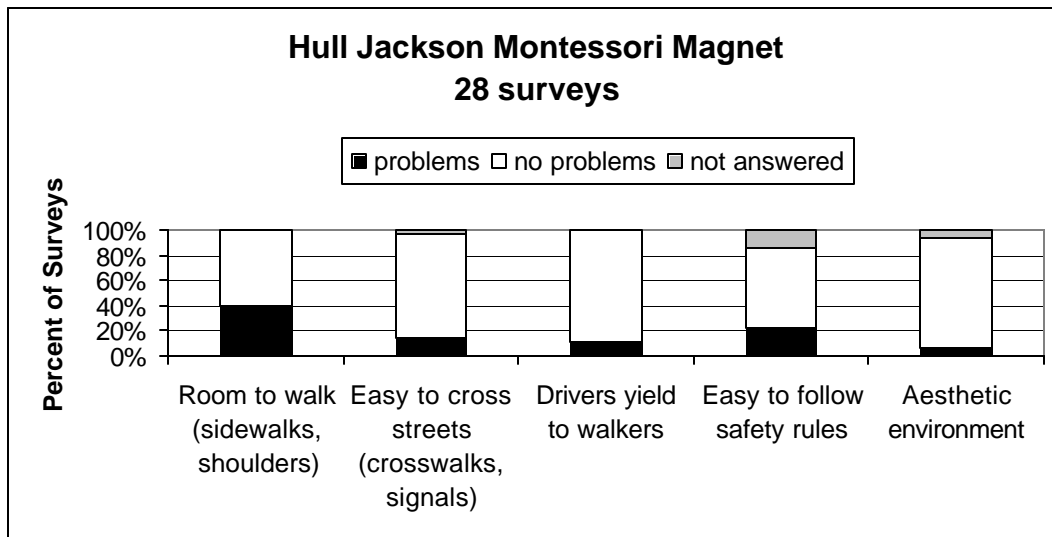
- Bonnahurst Dr
- Hickory Hill Ln and Bonnacreek Dr
- Bonnahurst Dr
- Bonnaview Dr
- Bonnaside Dr

Barriers to Walking

- 46% of those surveyed said that busy traffic and a lack of sidewalks kept them from walking and 57% said they would walk more if the sidewalks were improved.
- Loose dogs were also identified as a barrier in 35% of the surveys. 19% said they would walk more if the neighborhood was safer.
- More free time and having a walking companion would encourage those surveyed to walk more.

Hull Jackson Montessori Magnet 1015 Kellow St Nashville TN 37208.

The Hull Jackson walk to school began at the Looby Center. A police escort assisted the walkers at the more dangerous crossings. Because this is a magnet school, it is not feasible for many of the children to walk to school, as they do not live in the neighborhood. The organizing teacher, Ellen Gleaves, said that the students had a great time. 5 students and 23 adults completed walkability surveys. The main findings are summarized below.



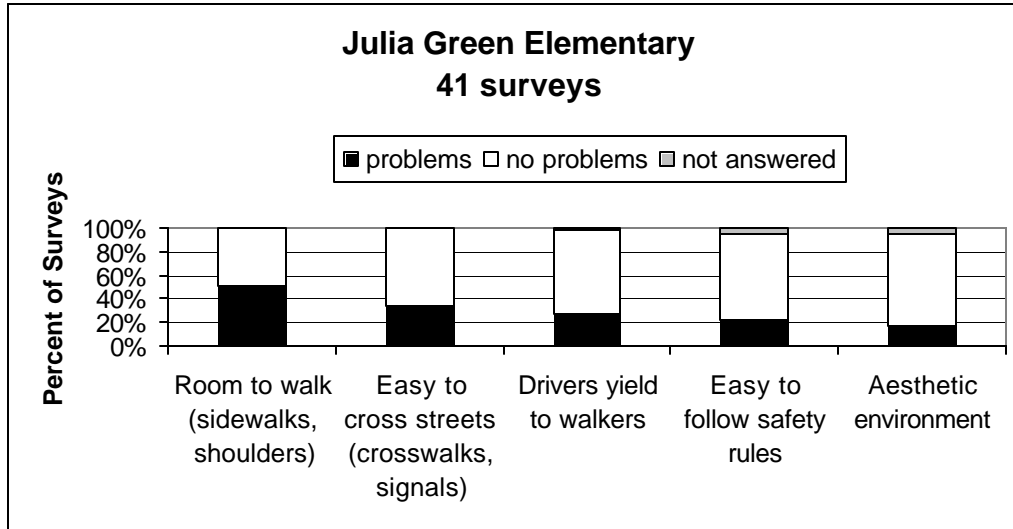
- Lack of sidewalks was the main problem noted in the surveys (39%). There are no sidewalks close to the school.
- 18% of walkers surveyed said they could not follow safety rules for walking on sidewalks or street shoulders.
- Walkers also commented that streets were very narrow and that there was litter along their walking route.
- 29% of those surveyed said they walk 30 minutes a day on three or more days a week.

Barriers to Walking

- Lack of sidewalks kept 32% of those surveyed from walking and 32% said they would walk more if there were better sidewalks.
- Lack of time was listed as a barrier to walking in 32% of the surveys.
- 25% of those surveyed said they would walk more if the neighborhood was safer. 18% noted that crime was a barrier to walking and 29% noted dogs were a barrier.
- 43% of the surveyed walkers said they would walk more if they had a walking companion.

Julia Green Elementary 3500 Hobbs Rd. Nashville TN 37215

The Julia Green Elementary walk began at the Green Hills YMCA and followed Hillsboro Circle to Hobbs Road for about a one-mile walk. The YMCA to the school route did not require the crossing of any major streets. Some of the students and their parents walked from home. 5 students and 36 adults completed walkability surveys. The main findings are summarized below.



- Sidewalk absence or disrepair was the most common problem noted. 24% of the walkers surveyed said they did not have enough room to walk because there were no sidewalks or adequate street shoulders. 20% reported that sidewalks started and stopped.
- Lack of crosswalks and traffic signals also caused problems for the walkers – 15% said they had trouble crossing the streets because of no crosswalks or signals, 17% said they could not follow safety rules and cross where drivers could see pedestrians, and 12% said that drivers did not yield to pedestrians.
- Walkers also noted that slower speed limits should be posted around the school and that a flashing light is needed at the top of the hill where Trimble meets Hobbs Rd.
- Two parents who completed the survey commented that walking to school was not safe enough for their children to do it alone.
- 51% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

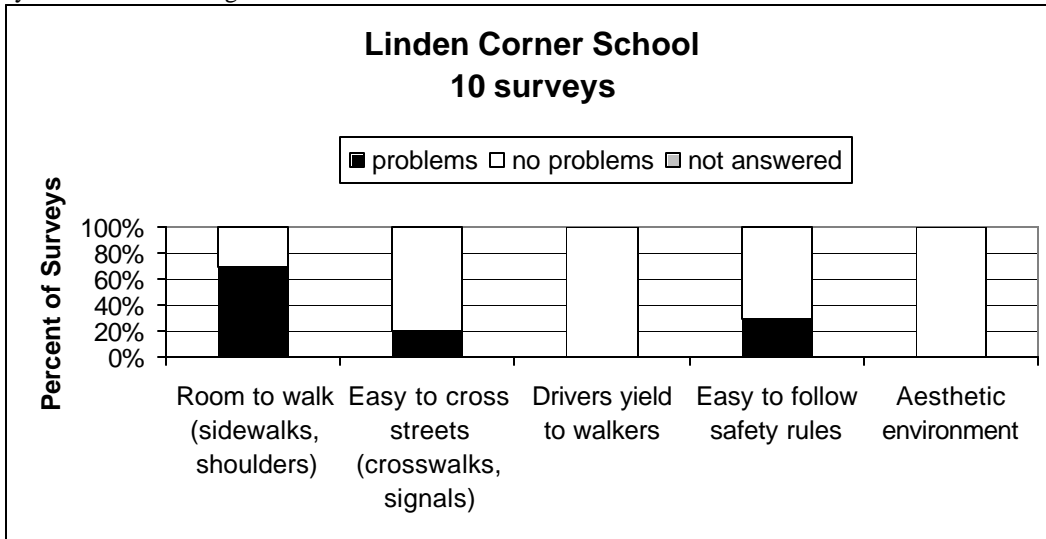
- Abbott Martin
- Hobbs Rd. – There is no separation between the sidewalk and street.
- Vailwood – There are no sidewalks.
- Estes and Hobbs
- Trimble and Hobbs
- Woodmont

Barriers to Walking

- Sidewalks were again noted as the biggest barrier to walking (59% of the surveys). 61% said they would walk more if sidewalks were improved.
- Lack of time was also listed as a barrier by 29% of the walkers surveyed.
- 15% of those surveyed said they would walk more if they had a walking companion.

Linden Corner School (Private) 6501 Pennywell Dr Nashville TN 37205

The Linden Corner School had 55 walkers – 13 from the kindergarten class, 9 from the 1st grade, 8 from the 2nd grade, and 25 parents. The walk began at the home of Glen Wanner, the organizing parent. The walk was approximately ½ mile long and went over a big hill. For safety, students were grouped into two walking school buses. Metro Council member Bob Bogen attended the event. Six students and four adults completed walkability surveys. The main findings are summarized below.



- The main problem was lack of sidewalks or adequate street shoulders. Walkers surveyed noted that they could not follow safety rules for walking on sidewalk because there were none.
- Those surveyed also noted that they could not follow safety rules for crossing with the light.
- Half of the persons surveyed (5 out of 10) said they walk 30 minutes a day on three or more days of the week.

Streets with Problem Areas

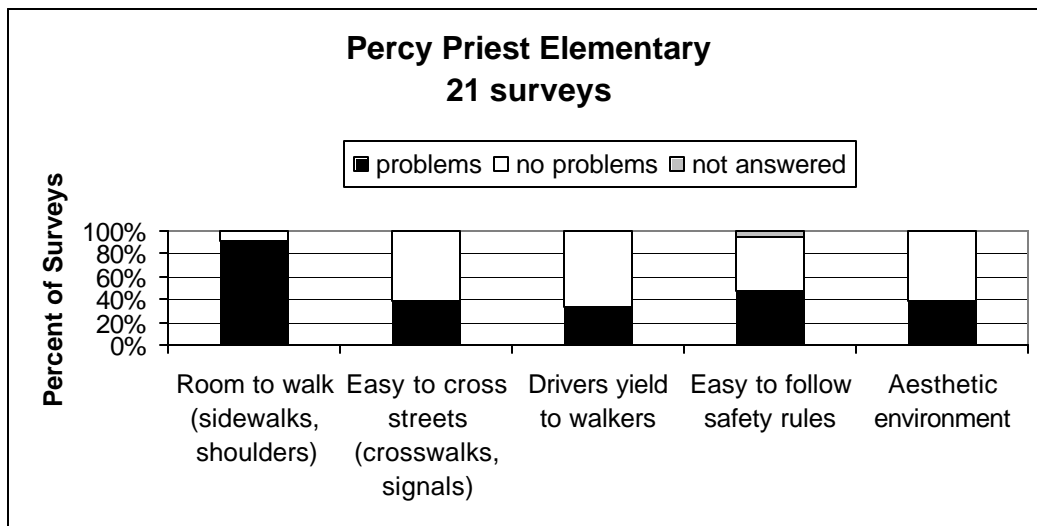
- Pennywell Dr

Barriers to Walking

- Walkers surveyed said that the lack of sidewalks were a barrier to walking in their neighborhood and that they would walk more if sidewalks were improved.
- Lack of time was also listed as a barrier.

Percy Priest Elementary 1700 Otter Creek Rd. Nashville TN 37209

Students at Percy Priest Elementary started their walk from their homes or from Robert E. Lee Court. The school is in the heart of a residential neighborhood. Since there is not a very dense development pattern, there are not many houses very close to school, but all the students in the area are zoned for the school. Police provided an escort for the walkers. Prior the walk, the students were given safety education. Special guests included Metro Council member Ron Turner and Metro School Board member Kathleen Harkey. 2 students and 19 adults completed walkability surveys. The main findings are summarized below.



- Lack of sidewalks was the main environmental problem noted by the walkers surveyed. 86% of walkers surveyed said they did not have enough room to walk because of lack of sidewalks and 48% said they could not follow safety rules for walking on sidewalks.
- 29% of those surveyed said they did not have enough room (on street shoulders) to walk because of too much traffic.
- 14% of walkers surveyed said they had problems crossing the streets because of the lack of crosswalks and traffic signals.
- Walkers also noted that there was no bike path and that some cars drove too fast and too close to the children.
- 33% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

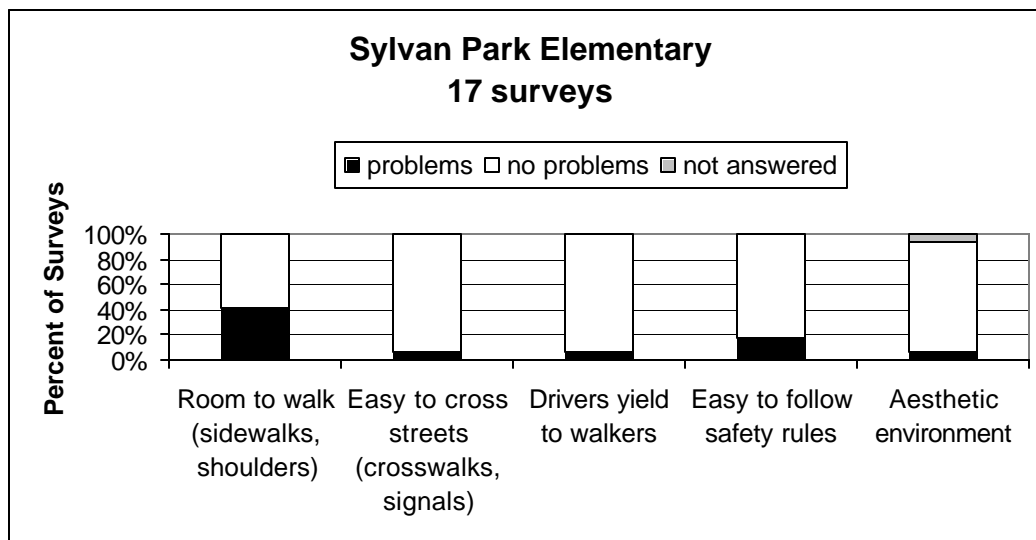
- Otter Creek – There are no sidewalks.
- Robert E Lee and Otter Creek intersection

Barriers to Walking

- Sidewalk conditions were the primary barrier to walking listed by those surveyed and 86% said they would walk more if the sidewalks were improved.
- 33% of the walkers surveyed said that the amount of traffic and traffic speeds were a barrier to their walking.
- 19% said that lack of time was a barrier and 24% said they would walk more if they had more time.
- 19% said they would walk more if they had a walking companion.

Sylvan Park Elementary 4801 Utah Ave Nashville TN 37209

The Sylvan Park Elementary School walk began at Sylvan Park Free Will Church. Some students walked from home. 1 student and 16 adults completed walkability surveys. The main findings are summarized below.



- The main problem was lack of sidewalks or adequate street shoulders (24% of the surveys). 18% of the walkers surveyed said that sidewalks started and stopped, forcing walkers into the street. 18% also said that they could not follow safety rules for walking on sidewalks or street shoulders facing the traffic.
- Walkers noted that they mostly walked in the street. Walkers also noted that there were fast cars on the street.
- 47% of those surveyed said they walk 30 minutes a day on three or more days a week.
-

Streets with Problem Areas

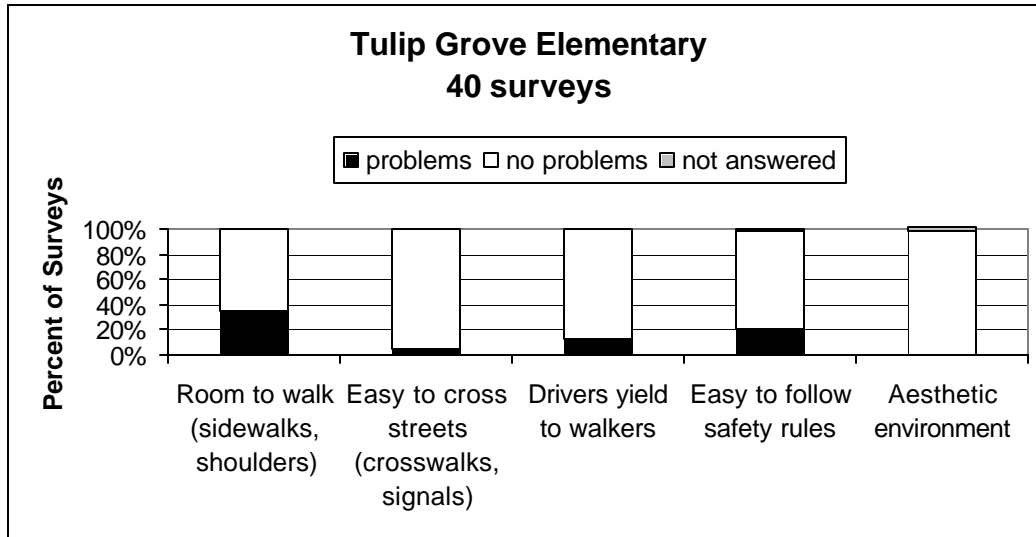
- Nebraska Ave
- Utah Ave
- Wyoming Ave
- 47th Ave North

Barriers to Walking

- Lack of time was the most common barrier to walking; it was listed by 59% of the walkers surveyed. 47% said they would walk more regularly if they had more time.
- Lack sidewalks and busy traffic were barriers to 35% of those surveyed and 47% said they would walk more if sidewalks were improved.

Tulip Grove Elementary 441 Tyler Dr Nashville, TN 37076

One group of Tulip Grove Elementary walkers started at Hermitage United Methodist Church and walked for about half a mile to the school. Another group started from the McKendree Center and walked 0.8 miles to the school. A few walkers came directly from their homes. Approximately 200 walkers participated, including teachers, parents, and students. Metro Council member Phil Ponder, Metro School Board member Kathy Neville, and the church pastor, Dr Vin Walkup, all attended the event. A police escort assisted walkers. 5 students and 35 adults completed walkability surveys. The main findings are summarized below.



- The most common problem reported by walkers surveyed was not enough room to walk because of inadequate sidewalks and street shoulders (18% of surveys).
- Walkers also noted they could not follow safety rules for walking on sidewalks or on street shoulders facing traffic (13% of surveys) and rules for crossing with the light (13% of surveys).
- The walkers noted fast cars along the route.
- 38% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problem Areas

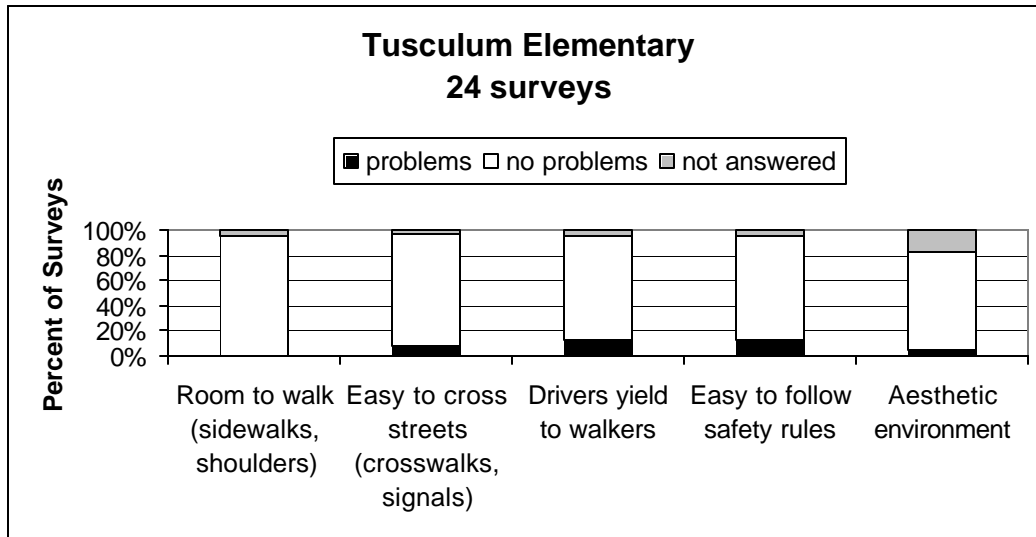
- Albany Dr

Barriers to Walking

- Lack of sidewalks was a barrier for 35% of the walkers surveyed and 33% said they would walk more if the sidewalks were improved.
- Lack of time was also a barrier noted on 35% of the surveys. 43% of those surveyed said they would walk more if they had more time.
- 25% of those surveyed said they would walk more if they had a walking companion.

Tusculum Elementary 4917 Nolensville Rd. Nashville TN 37211

The Tusculum Elementary walk began at Tusculum Cumberland Presbyterian Church. The walk was 0.4 miles long and included approximately 35 walkers – 25 students, 5 parents, 1 PE teacher, 3 other teachers, and the principal. Prior to the walk, the organizing teacher, Toni Brown, advertised it in the school newsletter and in morning announcements. 16 students and 8 adults completed walkability surveys. The main findings are summarized below.



- Walkers surveyed reported that drivers did not yield to pedestrians (13% of surveys).
- One of the parents surveyed said that an additional crossing guard was needed.
- 46% of those surveyed said they walk 30 minutes a day on three or more days a week.

Barriers to Walking

- Lack of sidewalks and busy traffic were the most common barrier to walking (21% of surveys) and 13% said they would walk more if the sidewalks were improved.
- Lack of time was also noted as a barrier, with 29% of those surveyed reporting that they would walk more if they had more time.

Warner Elementary 626 Russell St Nashville TN 37206

The Warner Elementary School walk began in front of the school, walking down 7th, Woodland, Russell, Fatherland, then back up 6th. The whole student body and staff walked, over 600 walkers. Prior to the event, posters were posted around the school and teachers made announcements. A school assembly followed the walk. Metro School Board member George Blue, Metro Council member Michelle Arriola, and representatives from Metro Police Department attended the event. Walkability surveys were not completed at this school. However, many children completed the Comments form, some of which are below:

"I feel happy about Walk To School Day. It was yesterday but I feel happy about it and it was fun. It was boomloons (*balloons*) in the air and don't cane back to Warner." Age 9

"I saw a bird's nest in the tree. I saw sum pretty colored tree." Age 7

"I laved Walk To School Day mad me feel so so good! I did not rely have problems but I did like Walk To School Day. And my teacher piched me to hold the flag. She is a nice teacher. I love this school." Age 7

"I like to walk to school. I loke (*like*) to hold the rope." Age 7

"The Walk To School Day was fun to me. It made me happy. It was grate. The world is fun. I love the world." Age 7

"I had fun I fillt good becaue I got exsurerdiz. I wish we did it agen it was fun. I ingoie (*enjoy*) it. I had a lot of exsuresiz. Can we do that agin. I wish we did. I love walking." Age 7

"I like to red (*read*). I like to lorn (*learn*). I like to ron (*run*). I like the scol voke (*school folk*). I like ther eccsis (*exercise*). I like to rite. I like to drol (*draw*)." Age 9

"I liked Walk To School Day. I got good excircize. I liked when Mr. Lois took me and Olivea's picture. I like holding the poster. I wish I could do it again." Age 8

"Walk to scool is fun. it is a good exerciese. I like walking to school. And I love to walk to scool is good and funny walk to scool was a supies (*surprise*) and fun. I like the way we houd (*hold*) the flag." (no age)

"I liked when we walked around the school and I felt safe and happy and I fill proud for with I did." Age 7

I was so happy. I wan't to cry because I was. Think aboat the plane crash in New York City. That was my first time do that. Age 8

"I feel sad in New York. It mades me cry. Good-bye. I love New York. Yae. Sad note." Age 6

The children walking from South 4th St. only have one crossing guard. She is on Russell but when the children come to the second street, there is no one to cross them and it is only a two way stop. Some of the children had problems crossing that street by themselves. You have a lot of kingardeners walking that way by themselves every day. You need one more crossing guard or a 4-way stop." Parent

"It felt great when I was walking. It was fun. I walk every day. To school and from school. I am prid to walk to school." Age 9

"I was happy walking to school by myself. I was very happy this morning sometimes. He get very, very mad at her and I fill bed to see her crying a lot." Age 9

"I felt salif walking and saying the pledng with my best friend. I like Warner School. It is fun if you listen to your teachers." Age 8

"I felt good about walking to school it was great it was good. I did not have my problem. I was good. I was not bad and we was saing (*singing*) even Mrs. Yelverton." Age 9

"When me and my brother was on our way to school, I saw men, homeless, drinking beer. I was scared they was going to hurt me. But my brother didn't see them. And we was OK." Age 9

"It felt good because I was getting excersise." Age 9

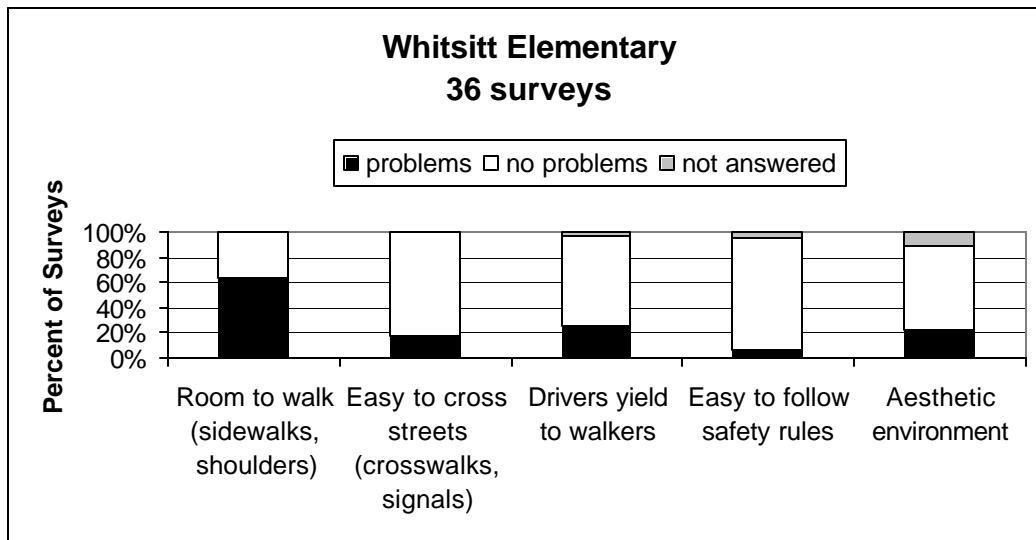
"We walk to school to get you strong." Age 7

"We walk to school to keep our body good, get you strength." Age 6

"We walk to school to make you healthe." Age 6

Whitsitt Elementary 110 Whitsitt Rd. Nashville TN 37210

Walkers at Whitsitt Elementary began their walk from home. 217 students participated in the walk – 40 from the kindergarten class, 44 from 1st grade, 43 from 2nd, 40 from 3rd, and 50 from the 4th grade class. Director of Metro Schools, Dr. Pedro Garcia, and Metro Council member Amanda McClendon attended the event. The organizing teacher, Trudy Chandler, said that all people involved (students, parents, teachers, and community leaders) were excited about the walk. Additional community support came from Woodbine United Methodist Church; they provided cookies. 8 students and 28 adults completed walkability surveys. The main findings are summarized below.



- Sidewalks were the most common problem reported by walkers surveyed. Walkers made comments that sidewalks had holes, were under construction, dropped off, were too narrow, and were too small. 22% of walkers surveyed said that they did not have enough room to walk because sidewalks started and stopped, and 14% said the sidewalks started and stopped.
- Walkers also noted that cars drove too fast in the neighborhood around the school.
- 22% of those surveyed said they walk 30 minutes a day on three or more days a week.

Streets with Problems Areas

- Glenrose Ave
- Whitsett Rd, especially beside school playground
- Sterling Boone Dr
- Foster Ave
- Lutie St

Barriers to Walking

- Lack of time was the most commonly noted barrier to walking (25% of surveys).
- The crime rate and dangerous dogs in the neighborhood were listed as barriers to walking and 22% said they would walk more if the neighborhood was safer.
- 19% of walkers surveyed said the lack of a walking companion kept them from walking and 34% said they would walk more if they had one.
- Better sidewalks would encourage 25% of those surveyed to walk more.

Student Comments

"Their wer to meny cars on the street." Age 7

"I felt kid (*kind*) of scared intill I got to the sidewalk. But then I felt glad I got to walk to school." Age 8

"When I walked to school I was cold. But I was happy anyway. The teachers walked us to class. Then we got to work. The End." Age 9

"I feel great. It was fun. I will walk again with my friend. I will ride my bike next time. My friend will be on her scooter. I had a great, great time." Age 8

Acknowledgements

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TN Department of Health

This report was compiled by the Community Health and Wellness Team, which is facilitated by the Metro Health Department. Special thanks to Health Department staff Melissa Garcia, MPH, and Nancy Nace, MPH, for overseeing the data collection and preparing the report.

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The team seeks to reduce the risk of cardiovascular disease in the community, by raising awareness of and encouraging participation in physical exercise. The team encourages people in all age demographics to include exercise in their daily routine, so that it becomes a part of their lifestyle and continues to be important throughout their life span.

Vision: Active People = Healthy People

Mission: Promote Wellness For All Ages Through Physical Activity.

The team provides leadership for the annual event, "Walk Nashville Week", in addition to participating in other health education/promotion activities. For more information, call 615/340-2124, or email nancy_nace@mhd.nashville.org.